

Carrots

Carrots of many varieties can easily be grown in many locations. They do better in some types of garden soil than others, based on variety. Some carrots are short and stubby while others are long and thin. Some people have luck growing them in containers, while other people can't seem to grow them no matter what they try.

Local rabbits and squirrels will eat the carrot tops.

Carrots, like many vegetables, have superstitions about what they are good for. While it is true that they contain certain vitamins and minerals that are good for the eyes, as well as the rest of the body, there are other vegetables that contain equally high quantities of those vitamins and minerals.

Many people like to eat carrots raw, or shred them and put them on salads. Shredding carrots is really just another form of peeling. Constantly peeling off the layers and eating them. This is probably the easiest way for a person with mouth problems to eat carrots. Carrots can be bought already shredded, or shred your own.